

# Annual Report

OF THE

Medical Officer of Health

FOR THE

# Epping Urban District


For the Year 1909.

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EPPING :

ALFRED B. DAVIS LTD., 1 Victoria Buildings.

1910.



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# ANNUAL REPORT

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EPPING URBAN DISTRICT

For the Year 1909.

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MR. CHAIRMAN AND GENTLEMEN,

I have the pleasure to present to you my Annual Report upon the Epping Urban District, for the year 1909, being the 13th Annual Report which I have now made upon this District.

The Epping Urban District comprises an area of 3,789 acres, with an estimated population of 4,440. In its centre is the town of Epping, standing at an elevation of 360 feet above sea level. Underlying the whole of the District is the London clay, but between it and the surface the soil consists of boulder-clay, gravel and loam in varying proportions, and in varying degrees of thickness. The District is almost entirely a residential one, many of the houses being modern and of a good description. An Iron Foundry, giving employment to some 80 or 100 persons, is the only local industry of importance.

**House Accommodation.**—Notwithstanding the improvement in house accommodation for the working classes effected in recent years, it must be admitted that there are a large number of cottages remaining which are entirely unsuited for human habitation. Some of these are built of wood, or of wood and plaster, others of brick, wood, and plaster combined. All are old, more or less dilapidated, damp in walls and floors, badly ventilated, and without a sufficiency of air-space surrounding them. Houses of this description are still to be met with in all parts of the District, and amongst the occupants are to be found many examples of all the well known ill-effects of bad housing. A list of some of the worst of these houses was furnished to the Sanitary Inspector in May, but this has led to no action of importance being taken. Hitherto but little has been done under Sec. 30 of the Housing of the Working Classes Act, 1890, because of the difficulty which the lower classes have in finding house accommodation when they are displaced, but it is becoming more clear to me that this difficulty should no longer be allowed to stand in the way of the Medical Officer of Health discharging his plain statutory duty. Greater advantage should also be taken of Sec. 46, Public Health Act, 1875, especially where the tenants remove into new and better-class houses, and at once proceed to render them unfit to live in.

**Water Supply.**—The whole of the District is supplied by the Herts and Essex Company, whose water is obtained from deep borings in the chalk at Sawbridgeworth. The supply is well maintained, and, although its hardness is commented upon, the water is pure and wholesome.

**Milk Supply.**—This is chiefly from dairy-farms within the District, although some comes from farms outside the boundary. The local dairy farms have been inspected and found to be satisfactory. The poor have no difficulty in obtaining milk, such as is the case in the Rural District, but too often they do not appear to appreciate the value of wholesome new milk as they should do, especially in the feeding of young children.

**Other Foods, Meat Inspection, etc.**—No action has been taken under the Sale of Food and Drugs Act, although it would be an advantage if arrangements could be made for the inspection of dairy cows, with a view to the detection of tubercular lesions, especially where they are situated upon the udders. No inspector, with a special certificate in meat inspection, has been appointed. The inspections which have been made have been conducted by the Sanitary Inspector, chiefly at the times of slaughtering. There are no special arrangements with regard to meat inspection, nor has any action been called for under Section 116 of the Public Health Act. The slaughter-houses, of which there are four, have all been visited at the times of slaughtering. It cannot be said that these are all as satisfactory, as regards situation, construction, and cleanliness as they should be, but where faults have been found



notices have been served upon the owners or occupiers to rectify them, and these have received attention. It would, no doubt, be a benefit to the town if all private slaughter-houses were abolished, and if a small public slaughter-house were substituted under the powers possessed by Urban Authorities in Section 169, Public Health Act, 1875.

**Sewerage and Drainage.**—The Public Health Acts (Amendment) Act, 1907, has not been adopted. It is desirable that some of the clauses of this Act should be in force in the District, more particularly is this so in reference to the Sanitary Clauses contained in Part III. The district is provided with public sewers connected with four separate outfalls, where the sewage is dealt with either by precipitation, bacteria tanks, and irrigation, or by the three systems combined. Drains for houses and premises are laid and connected in accordance with the By-laws, and under the supervision of the Surveyor. Fifteen new connections were made during the year. The work at the outfalls has proceeded satisfactorily, and without giving rise to complaints as to pollution of streams, or of other nuisances.

**Excrement Disposal.**—The water-carriage system is now general, and all W.C's. for new houses are required to be provided with flushing cisterns, with London County Council type or other straight-back pans. Very few of the old middens, or earth-closets, remain, and as far as I am aware there are now no cesspits left.

**House Refuse.**—This is removed once a fortnight by contract, covered dust carts being now in use. A weekly removal would be an improvement.

**Common Lodging-houses, etc.**—There are no registered common lodging-houses, under-ground bakeries, or offensive trades in the District. But at one or more of the Public-houses, the same class of persons are received and accommodated upon the same terms as those who frequent common lodging-houses. These houses should, in my opinion, be brought under the designation of common lodging-houses, and the keepers of them should be required to register and comply with Section 76-80 of the Public Health Act.

**Elementary Schools.**—The two Elementary Schools have been inspected. Both are provided with the Company's Water, and are connected with the public sewers. Notices of children known to be suffering from infectious diseases, and of the periods for which they should be excluded, have been sent to the Managers or Head Teachers, and notices from the Attendance Officer have reached me from time to time, of children who are absent through sickness. Medical Inspections under the Education (Administrative Provisions) Act, 1907, have been carried out. The advice of the School Medical Officer has been readily accepted by the parents, and there has been no friction or unpleasantness of any kind, but some difficulty as to treatment has been experienced, and the help of an intelligent Health Visitor is required to secure better home management.

**Infectious Diseases.**—All infectious diseases scheduled under the Infectious Diseases (Notification) Act, 1889, except Measles, and Chicken-Pox, and all cases of Pulmonary Tuberculosis in Poor Law Institutions, or under the care of District Medical Officers, are required to be notified in this District. The cases so notified were from Diphtheria, 8; Scarlet Fever, 6; Erysipelas, 2; Pulmonary Tuberculosis, 6; total 22. By an arrangement with the Epping Rural District Council cases of infectious diseases from this District are received at the Isolation Hospital at Rood Street, one and a quarter miles from the town. The whole of the cases of Diphtheria and 5 of the Scarlet Fever Patients were isolated in this way. Bedding, clothing, and other infected articles are also removed and disinfected at the Hospital. The accommodation has proved sufficient, and the arrangement is perfectly satisfactory.

**Diphtheria.**—The District had been entirely free from this disease for nearly two years, when in the month of January the first case occurred in an old lath and plaster house in the High Street. This was followed by two further cases in February, 1 in the High Street and 1 at Stonards Hill. The District was then free until August, when a new case occurred (again in an old lath and plaster house) in the High Street. This was followed by 2 further cases in a modern brick-built cottage in Lindsey Street a month later; and finally, in October, 2 new cases occurred in old wooden houses in Lindsey Street and High Street. Exhaustive enquiries were made in respect to each of these several outbreaks, and only in the instance where 2 occurred in the same cottage was infection traceable from one to the other. There was no suspicion of school infection, nor in reference to the milk supply. It is to be noted, however, that 5 of the 8 cases occurred in separate old lath and plaster or wooden houses, which are always damp, and in which the sanitary arrangements were defective. Especially was the ventilation bad, and there is no doubt that such conditions predispose to constant sore throat, and thus render the occupants more liable to the development of the disease. Each case was removed to the Isolation Hospital.

**Scarlet Fever.**—The cases notified occurred as follows:—February, 1; March, 1 (imported from another district); April, 1 (in the same house as the February case); September, 1; December, 2; total, 6. It will be remembered that there had been a considerable epidemic of this disease in the District the previous year, and it is not improbable that the 1909 cases were due to a latent infection from that epidemic. Five of the patients were removed to the Isolation Hospital, and no spread of the disease occurred.

**Pulmonary Tuberculosis.**—No system, compulsory or voluntary, for the notification of this disease is in operation; but such cases as come under the Public Health (Tuberculosis) Regulations, 1908,



have been duly notified. There were six of these in the Epping Workhouse Infirmary, only one of which belonged to this District. So far, therefore, as the Epping Urban District is concerned, there is nothing to remark beyond the fact that there has been a continuance of the almost complete freedom from this disease which it has hitherto enjoyed. No hospital accommodation is provided, either in infirmaries or elsewhere, for advanced or earlier cases, nor does it appear that such is required.

**Other Infectious Diseases.**—These were confined to an outbreak of Chicken-Pox at Coopersale Common and Allnutts Estate in September, and an epidemic of Whooping-cough towards the end of the year. For these outbreaks a considerable number of children had to be temporarily excluded from the elementary schools, but closure of the schools was at no time called for.

## FACTORY AND WORKSHOP ACT—1901.

There are 6 Factories, 16 Workshops, and 5 Work-places in the District, all of which have been inspected, and in only one instance was the sanitary accommodation found to be defective. This was remedied upon notice. There are no out-workers, and, as the Public Health Acts (Amendment) Act has not been adopted, no standard of sufficiency or efficiency of conveniences in Factories or Workshops has been laid down. The special "table" relating to this Act has been filled in, and is appended to this Report. A copy of the same, and of this section, have been forwarded to H.M. Secretary of State in accordance with instructions.

## VITAL STATISTICS.

**Births.**—The Births registered for the year were 100, or equal to a birth-rate of 22·5 per 1,000. The birth-rate for the whole of England and Wales was 25·6 per 1,000.

**Deaths.**—The total of Deaths registered as having occurred in the District was 83. Of these 38 were of persons not belonging to the District, and occurred in the Workhouse Infirmary. The corrected number of deaths was 45, or equal to a death-rate of 10·1 per 1,000. For England and Wales the corrected death-rate was 14·5.

**Infant Mortality.**—There were 9 deaths of infants under one year of age, which, measured by the proportion of deaths under one year to births registered, was equal to 90·0 per 1,000. The infant death-rate for England and Wales was equal to 109 per 1,000.

**Zymotic Deaths.**—Only 5 were due to Zymotic Diseases, viz.: Whooping Cough, 3; Diarrhœa, 2; or equal to a death-rate of 1·12 per 1,000, which corresponds exactly with the death-rate from the same cause in the whole of England and Wales.

I have again to acknowledge my indebtedness to Mr. Willson, Sanitary Inspector, for much valuable help during the year, whose work is summarised in the statement which follows. I am also appending the usual “tables” of statistical information.

I am,

Your obedient servant,

**TREVOR FOWLER,**

L.R.C.P. & S.I., D.P.H. (Cantab.),

TO THE EPPING URBAN  
DISTRICT COUNCIL.

*Epping, February 25th, 1910.*



## ESSEX COUNTY COUNCIL.

### Summary of Work done through the Sanitary Inspector in the Urban Sanitary District of Epping during the Year ending December 31st, 1909.

1.	Complaints received ...	...	...	...	...	...	...	...	11
2.	Nuisances detected without complaint ...	...	...	...	...	...	...	...	81
3.	Nuisances abated ...	...	...	...	...	...	...	...	75
4.	Notices served ...	...	...	...	...	...	...	...	—
5.	Summonses taken out ...	...	...	...	...	...	...	...	—
6.	Convictions ...	...	...	...	...	...	...	...	—
7.	Cottages inspected ...	...	...	...	...	...	...	...	210
8.	Lodging-houses inspected (not a registered common lodging-house) ...	...	...	...	...	...	...	...	1
9.	Slaughter-houses inspected ...	...	...	...	...	...	...	...	4
10.	Bakehouses inspected ...	...	...	...	...	...	...	...	6
11.	Dairies and Milk Shops inspected ...	...	...	...	...	...	...	...	5
12.	Cowsheds inspected ...	...	...	...	...	...	...	...	4
13.	Workshops inspected ...	...	...	...	...	...	...	...	16
14.	Filthy houses cleansed, Sec. 46 Public Health Act, 1875 ...	...	...	...	...	...	...	...	1
15.	Houses disinfected ...	...	...	...	...	...	...	...	13
16.	Overcrowding abated ...	...	...	...	...	...	...	...	1
17.	Houses placed in habitable repair ...	...	...	...	...	...	...	...	—
18.	Houses closed... ...	...	...	...	...	...	...	...	—
19.	Houses erected or re-built for which "Certificates" were applied ...	...	...	...	...	...	...	...	12
20.	"Certificates" granted ...	...	...	...	...	...	...	...	8
21.	" " deferred (Provisional Certificates have been granted by Order of Council, but Bye-law 55 as to rear portion not complied with, Bye-law 58 doubtful) ...								4
22.	Improved supplies of water afforded ...	...	...	...	...	...	...	...	7
23.	Wells cleansed or repaired ...	...	...	...	...	...	...	...	—
24.	Wells closed ...	...	...	...	...	...	...	...	—
25.	Houses connected with sewers (8 new, 5 old, 2 out district, 6 Southern, 6 Railfield, 2 Bolt Cellar, 1 St. John's Road) ...								30
26.	Houses connected with water mains ...	...	...	...	...	...	...	...	14
27.	Privies abolished ...	...	...	...	...	...	...	...	2
28.	Privies and W.C.'s repaired (a), W.C.'s supplied with (a) water (b) ...	...	...	...	...	...	...	...	6 7
29.	Cisterns cleansed, repaired, or covered ...	...	...	...	...	...	...	...	4
30.	Animals improperly kept removed ...	...	...	...	...	...	...	...	4
31.	Samples of water taken for Analysis ...	...	...	...	...	...	...	...	—
32.	Compensation paid for destruction of infected bedding ...	...	...	...	...	...	...	...	—
33.	Seizures of unsound meat, etc. ...	...	...	...	...	...	...	...	—
34.	Drains tested ...	...	...	...	...	...	...	...	42
35.	Defective drains of houses relaid ...	...	...	...	...	...	...	...	11

(Signed) EDGAR F. WILLSON,

*Sanitary Inspector*

TABLE I.—For Whole District.

Year.	Births.		Deaths Under One Year of Age.		Deaths at all Ages. Total		Total Deaths in Public Institutions in the District.	Deaths of Non-residents registered in Public Institutions in the District.	Deaths of Residents registered in Public Institutions beyond the District.	Nett Deaths at all Ages belonging to the District.	
	Number.	Rate.*	Number.	Rate per 1,000 Births registered.	Number.	Rate.*				Number.	Rate.*
1899	102	29.9	14	137.2	75	21.9	28	27	...	48	14.0
1900	94	27.4	9	95.7	70	20.4	32	15	1	56	16.3
1901	89	23.4	10	112.3	82	21.6	32	29	...	53	13.9
1902	96	24.6	10	104.1	87	21.8	35	31	...	56	14.6
1903	75	19.1	10	133.3	59	15.0	30	25	1	36	8.9
1904	96	23.6	10	104.1	68	16.0	28	22	1	46	11.7
1905	90	22.0	8	88.8	77	18.8	29	25	1	53	12.9
1906	91	21.9	13	142.8	100	25.8	49	42	...	58	13.9
1907	90	21.1	10	111.1	75	17.6	33	28	...	47	11.0
1908	93	21.4	7	75.2	75	17.2	34	30	...	45	10.3
Averages for years 1899-1908	91	23.4	10	134.4	76	19.6	33	27	0.4	49	12.7
1909	100	22.5	9	90.0	83	18.6	43	38	...	45	10.1

\* Rates calculated per 1,000 of estimated population.

TABLE II.

Names of Localities.	Year.	Population estimated to middle of each Year.	Births regis- tered.	Deaths at all Ages.	Deaths under 1 year.
Small District, without recognised divisions of population.					

TABLE III.

Cases of Infectious Disease notified during the Year 1909.

Notifiable Disease.	Cases notified in Whole District.							Total Cases removed to Hospital.
	At all Ages.	At Ages—Years.						
		Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 65.	65 & upwards.	
Small-pox ...	::	::	::	::	::	::	::	::
Cholera ...	::	::	::	::	::	::	::	::
Diphtheria (including Membranous Croup)	8	...	...	4	1	3	...	8
Erysipelas ...	2	...	...	...	...	1	1	...
Scarlet Fever ...	6	...	...	5	...	1	...	5
Typhus Fever.....	...	...	...	...	...	...	...	...
Enteric Fever ...	...	...	...	...	...	...	...	...
Relapsing Fever...	...	...	...	...	...	...	...	...
Continued Fever...	...	...	...	...	...	...	...	...
Puerperal Fever...	...	...	...	...	...	...	...	...
Plague	...	...	...	...	...	...	...	...
Phthisis ...	6	...	...	...	...	6	...	...
Totals ...	22	...	...	9	1	11	1	13

TABLE IV.

Causes of, and Ages at, Death during Year 1909.

Causes of Death.	Deaths at the subjoined ages of "Residents" whether occurring in or beyond the District.							Deaths in Public Institutions.
	All ages.	Under 1 Year.	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards.	
Measles ... ..	..	..	..	..	..	..	..	..
Whooping Cough ...	3	2	1	..	..	..	..	..
Diphtheria (including Membranous Croup) ...	..	..	..	..	..	..	..	..
Enteric Fever ... ..	..	..	..	..	..	..	..	..
Epidemic Influenza ...	..	..	..	..	..	..	..	..
Diarrhœa ... ..	2	1	..	..	..	1	..	..
Enteritis ... ..	..	..	..	..	..	..	..	..
Puerperal Fever ... ..	..	..	..	..	..	..	..	..
Erysipelas... ..	..	..	..	..	..	..	..	..
Phthisis (Pulmonary Tuberculosis) ... ..	3	..	..	..	..	3	..	1
Other Tuberculous Diseases	..	..	..	..	..	..	..	..
Cancer, Malignant Disease	1	..	..	..	..	1	..	..
Bronchitis... ..	4	..	..	1	..	1	2	..
Pneumonia ... ..	4	4	..	..	..	..	..	..
Pleurisy ... ..	1	..	..	..	..	..	1	..
Other Diseases of Respiratory Organs ... ..	2	..	1	1	..	..	..	..
Alcoholism Cirrhosis of Liver	1	..	..	..	..	1	..	1
Premature Birth ... ..	..	..	..	..	..	..	..	..
Heart Diseases ... ..	6	..	..	..	1	2	3	..
Accidents... ..	1	..	..	..	..	1	..	..
All other causes ... ..	17	2	1	..	..	4	10	3
All causes ... ..	45	9	3	2	1	14	16	5



TABLE V.

Infantile Mortality During the Year 1909.  
Deaths from stated Causes in Weeks and Months under One Year of Age.

CAUSE OF DEATH.	Under 1 Week.	1-2 Weeks.	2-3 Weeks.	3-4 Weeks.	Total under 1 Month.	1-2 Months.	2-3 Months.	3-4 Months.	4-5 Months.	5-6 Months.	6-7 Months.	7-8 Months.	8-9 Months.	9-10 Months.	10-11 Months.	11-12 Months.	Total Deaths under One Year.
<b>All Causes.</b> { Certified Uncertified	...	1	1	1	3	...	1	2	...	...	...	...	1	1	...	1	9
Whooping Cough	...	...	...	1	1	...	...	1	...	...	...	...	...	...	...	...	2
Diarrhœa (all forms)	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	1
Premature Birth	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Congenital Defects	...	1	1	...	2	...	...	...	...	...	...	...	...	...	...	...	2
Injury at Birth...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Erysipelas	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Convulsions	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Pneumonia	...	...	...	...	...	...	1	1	...	...	...	...	1	1	...	...	4
	...	1	1	1	3	...	1	2	...	...	...	...	1	1	...	1	9

Deaths from all causes at all ages, 45.  
Population estimated to middle of 1909, 4,440.

TABLE VI.

## Factories, Workshops, Laundries, Workplaces, and Homework.

## 1.—INSPECTION.

Premises.	Number of		
	Inspections.	Written Notices.	Prosecutions.
Factories (including Factory Laundries) ... ..	6	...	...
Workshops (including Workshop Laundries) ... ..	16	...	...
Workplaces ... ..	5	...	...
Total - ...	27	...	...

## 2.—DEFECTS FOUND.

Particulars.	Number of Defects			Number of Prosecutions.
	Found.	Remedied.	Referred to H.M. Inspector.	
Want of Cleanliness ... ..	...	...	...	...
Want of Ventilation ... ..	...	...	...	...
Other Nuisances ... ..	...	...	...	...
Sanitary Accommodation (unsuitable or defective)	1	1	...	...
Total ...	1	1	...	...

## Workshops on the Register—

Bakehouses	...	...	6
Saddlers	...	...	1
Printers ...	...	...	1
Carpenters	...	...	1
Dressmakers	...	...	5
Blacksmiths	...	...	1
Laundries	...	...	2

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T. FOWLER.



